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PROBLEMS OF SCHOOL AND UNIVERSITY DIET

REPORT OF SYMPOSIUM

Conference of Educational Associations

1st January 1935

WITH APPENDIX

FOOD EDUCATION SOCIETY

29-30 GORDON SQUARE, LONDON, W.C.1

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INTRODUCTION

THE plan followed at the Conference of concentrating upon selected features of school and university diet justified itself by leading to a thoroughly practical and useful discussion, Mr Frank Preston notwithstanding.

Reform in such institutions is advancing, if not by leaps and bounds, at least slowly and, let us hope, surely. Remote are the days of the brimstone and treacle of Dotheboys Hall of Charles Dickens, or when John Bright could write of his year (1822-23) at Ackworth School: "Our breakfast was good—hot milk and bread, but never more than half (as much as) I could have eaten with pleasure and advantage. Our dinners were much to complain of—on half the days of the week they were to me simply intolerable. . . . Even this great school, maintained by a religious society in many things in advance of public opinion, in gentleness, kindness, and justice, was in many respects grievously mismanaged. In the matter of food, it was insufficient in quantity and quality; in the matter of punishment it was harsh if not barbarous."

Yet few will be prepared to deny that there is still ample scope for improvement in the average school or college of university rank. There is obvious exaggeration in the recent suggestion of a German writer that "the food the boys eat belongs to the days of Leonidas the Spartan." Yet within the last few years a house at a large girls' school is credited with the provision of a Sunday (midday) dinner consisting of roast pork, followed by suet roll and golden syrup!

Reform in institutions is, moreover, beset with difficulties not encountered in the average household. The inevitable opposition to anything new among a slow-moving, conservative people like ours is fortified and complicated by questions of kitchen equipment and staffing, by the prejudices of committees and governing bodies, and last, but assuredly not least, by fear of the attitude alike of parents, children, or students. It will thus be seen that the would-be reformer has numerous hurdles to surmount before attaining his end. If this report facilitates, no matter how slightly, a change for the better, with all it may mean for the lives of those concerned, it will not have been published in vain.

CHAS. E. HECHT,

*Hon. Secretary,
Food Education Society,*

29 GORDON SQUARE, LONDON, W.C. 1.

April 1935

PROBLEMS OF SCHOOL AND UNIVERSITY DIET

CHAIRMAN—CHARLES E. HECHT, M.A., Hon.M.C.A.

SUBJECTS FOR DISCUSSION

1. Number of meals, with special reference to the combination of tea and supper.
2. Variety, embracing menus and the possibility of providing an alternative dish at the principal meal.
3. Cookery and service of vegetables, including potatoes, with the disposal of their liquid.
4. Part played by raw food throughout the year and how it might be extended.
5. Bread and flour, with steps to encourage the use of finely ground wholemeal and of mastication, including "scrunch."
6. Salt and other condiments.
7. Water.
8. Tuck box.
9. Tuck shop.
10. How the Food Education Society may help :
 - (a) Publications.
 - (b) Advice on dietaries.
 - (c) Visiting Advisers.

THE CHAIRMAN gave three reasons for occupying that place. The first was sentimental, a certain appropriateness that the individual responsible for the organisation more than twenty years ago of the First Guildhall School Conference on Diet and Hygiene in Public Secondary and Private Schools and the Editor of "Our Children's Health at Home and at School," containing a full report and much besides, should serve as a link. The second reason was that he should not be out of order in seeking to elicit information from those present, and the third, that he could not ask anyone else to do as he intended, namely, to abstain from any opening remarks. He had the unwelcome announcement to make that all the five advertised speakers were unable to attend, in nearly every case owing to doctor's orders

(Dr Friend and Mr Howard Evans, however, sent notes which were read, while Mrs McFie and Miss D. Christian Moore have kindly done the same since). On the other hand, Mr W. A. Sibly, Headmaster of Wycliffe College, and a pioneer in dietetic experiments extending over a quarter of a century, had made a special journey to give the conference the advantage of his experience. They had also with them Dr Richard Ackerley, Vice-Chairman of the Society, whose profound knowledge of dietetics was unhappily shared by few medical men. His address on "The Prevention, during Childhood, of Diseases in Later Life" had much in it of permanent value for educators and parents.

Attention was directed to the exhibits, which included samples of the wholemeal bread, flour and biscuits supplied to Christ's Hospital, "scrunch" in various forms and a display showing how a supply of raw salads might be kept up during the winter. The famous "Bircher muesli" could also be sampled. The series of coloured posters entitled "Golden Rules of Food and Drink," as displayed by over sixty local authorities on Empire Marketing Board frames, and in schools, etc., were on view.

The following letters were read:—

Mr FRANK PRESTON, Headmaster, Malvern College: I am interested to hear of your discussion, although you will pardon one who has been a member of my profession for so long if he is sceptical as to whether you will get the right people to take part. The most important element in all school feeding is the cook, and unless this nation is going to improve the supply of cooks beyond the few incompetent people who toy with a gas cooker, it is almost waste of time to consider the diet suitable for anybody. This applies even more to schools than anywhere else. . . . I have no doubt that some well-worn criticisms of school diet will be revived and certain suggestions made which are not really practical. This is, however, a subject in which all of us in the profession are bound to be interested and to consider from time to time.

Mr H. N. P. SLOMAN, Headmaster, Tonbridge School: Your suggested programme seems very comprehensive and I have no addition to propose. We should all welcome rather more help than we usually get from the School Doctors' Association. Things must, however, be moving a bit in the homes, as I find more and more boys ready to enjoy salads and tuck boxes are fast disappearing. Hoping that you will have a very good conference, about which I look forward to reading. (Presiding four years earlier, Mr Sloman said: I have boys coming to my House who have never tasted a green salad. I have others whom it is difficult to persuade to try one.)

1. NUMBER OF MEALS, WITH SPECIAL REFERENCE TO THE COMBINATION OF TEA AND SUPPER

The CHAIRMAN: Ever since the Guildhall Conference the Society had advocated three meals a day and its "Dietaries for Secondary Schools, Colleges, etc." was framed upon this principle, which relatively few schools had adopted. It was a matter for peculiar regret that Dr G. E. Friend, Medical Officer, Christ's Hospital, who fed 800 boys, was unable to tell them how he introduced the reform. He had carried through both major and minor revolutions and if the mantle of Dr Clement Dukes had fallen upon anyone, it was now worn by Dr Friend.

Dr FRIEND wrote: Our meals are as under: Breakfast, 7.30; dinner, 1.15; tea, 6.15 weekdays (on half-holidays tea is at 6). On Sunday morning breakfast is at 8 and tea at 5.30. The time interval between meals is approximately the same for summer and winter.

Mr A. HOWARD EVANS, Headmaster, Betteshanger, Eastry, who had done fine spade work in diet reform, as in health culture generally, among boys of preparatory school age, wrote: Breakfast was at 8, dinner at 1, and supper at 6. At 11 the boys had raw fruit and at midday they assembled to drink water, as they were not allowed fluid with their principal meals. Milk and biscuits were served in place of tea. Every boy had a pint of fresh milk during the day.

Mr W. A. SIBLY, Headmaster, Wycliffe College, Stonehouse: At his school they had three meals a day, much as at Mr Evans', but the boys were given the choice of a glass of milk and an apple or orange when they went to bed at 9. Not every boy, however, took the milk.

The CHAIRMAN: Two joint Head Mistresses told him that as a result of his plea in 1928 they had introduced the three-meal-a-day plan and it worked extremely well. On the other hand, a well-known Head Mistress, who started it after the Guildhall Conference, felt bound to inform the parents. Only four of them objected, two of whom were doctors!

Dr RICHARD ACKERLEY, Vice-Chairman, Food Education Society: Five of his family had been brought up on three meals a day. From the time that they were weaned until they were 17 or 18 they never when at home had more than that number of meals. They had no desire for extra food and their nutrition was all that could be desired. Later, however, a four-meal day had been adopted: Breakfast, 8 to 8.30; lunch, 1; a cup of tea,

nothing whatever to eat with it, in the afternoon; dinner at 7 and fruit later at night. Digestive troubles were absolutely unknown and nutrition was as perfect as could be wished.

Miss FLORENCE LOW ("The Queen," Education Careers Department): What exactly was given at the 6 o'clock meal? In visiting schools she had sometimes found that meal most inadequate.

Dr R. ACKERLEY: The nature of the last meal depended upon what the others had been. It might be fish or an egg dish, and fruit salad.

The CHAIRMAN: Dr Clement Dukes at the Guildhall deprecated the giving of any stimulating food, such as meat, at the evening repast. A public school boy recently observed that this was his worst meal, consisting mainly of bread and butter and jam. Suggestions for the evening meal would be found in "Dietaries."

Mr W. A. SIBLY: There were several boarding houses, but the one with which he was most associated had been for twenty-five years a "food reform" House. No meat was taken. At the tea meal, in addition to wholemeal bread and butter and honey or jam, some other dish was given, perhaps almonds and raisins, or dates, figs and currants slightly soaked, or a vegetable soup with a protein basis of milk powder. Eggs and cooked dishes were often given, and fresh milk was provided *ad lib*.

Miss W. H. TURPIN (North London Collegiate School for Girls): In a school of which she had experience, where the children were all under 14, the meals were breakfast, dinner and high tea at 5, when they were given a meatless, a fish, or a meat dish. At 7, before going to bed, they had a glass of milk, with either raw fruit or dates or nuts. The children liked meals without meat at night. They always had a good meat dinner midday.

2. VARIETY, EMBRACING MENUS AND THE POSSIBILITY OF PROVIDING AN ALTERNATIVE DISH AT THE PRINCIPAL MEAL

Mrs MARGARET MCFIE, Domestic Bursar, Newnham College, Cambridge, was that rare bird—a university reformer. She had the advantage of having lived much and kept house in many countries and prior to taking up her present post had brief but valuable experience at a large girls' school. Concerning the university aspect of the problem, she wrote: The need to please imposes itself more forcibly in catering for the adult who is in a position to voice wishes. The average expenditure per head is,

however, usually on a higher level in university institutions, so that more variety can be achieved than school standards permit.

Dr FRIEND wrote: Variety and the pleasurable uncertainty of what would be served at the next meal were great factors in promoting appetite and increasing the assimilation of food. Nearly as important as sufficient variety in the menu and good cooking was the service of meals. That included both punctuality and regularity in the time. It should be an unvarying rule that no resident was detained for any reason whatever, except sickness, from punctual attendance at meals. On so-called economic grounds the number of servers was often insufficient to the number to be fed and in consequence carving was badly done and food was not hot, or untidily served. Table furniture should be clean and in proper repair. Anything that tended to diminish appetite was bad both economically and physiologically. Properly served food went further, did more good to the recipient and so saved money both directly and indirectly to the provider.

Food was often wasted or spoiled, or had part of its worth destroyed by bad cooking. As much as 50 per cent. of its value could be diminished by indifference, carelessness, or bad management in the kitchen.

The CHAIRMAN: To promote "pleasurable uncertainty," Dr Friend had abolished the old plan of displaying the menus in advance, since it led, when the meal was unacceptable, to the boys repairing to the tuck shop. Now they never knew beforehand what the fare was to be.

Miss D. CHRISTIAN MOORE, Principal, Domestic Science Department, Thornbank, Bexhill, author of "Dietaries," "Cookie Moore" of the Girl Guide movement and a popular war-time demonstrator for the Society, wrote: We have no regular weekly or two-weekly menu. There is no question of "Monday hash, Tuesday mash." Thus expectancy was introduced. This was supposed, was it not, to promote the flow of gastric juices?

Mr HOWARD EVANS wrote: No difficulty was found in providing a considerable variety of main dishes. The majority were made up from recipes in books published by the Food Education Society or collected from different sources. For boys who preferred a diet without meat an alternative was provided, *i.e.*, an extra amount of raw food, since most of the main dishes for all contained little or no meat.

The CHAIRMAN: In a large school it was difficult, according to Dr Friend, to provide an alternative dish at the principal meal,

while quite feasible and desirable in a small school. It was necessary to differentiate with children between an idiosyncrasy and a fad: the former should be respected. There might, indeed, be underfeeding if a child did not get a substitute for a dish it could not take.

Mr W. A. SIBLY: Boys and girls should be taught to eat what was put before them, but there were certain foods which some boys said they could not eat. Sometimes boys declared that eggs or onions made them sick, and through suggestion or otherwise they were sick when an effort was made to induce them to take such foods. He had two boys in his House who stated that they had never eaten a boiled egg in their lives. It was perfectly easy, after cutting out meat, fish and fowl, to provide an attractive variety of foods. The proteid basis would come from cheese, nuts, or eggs and by ringing the changes upon these a score of tasty dishes could be devised.

Miss MARIAN SMITH (Stanmore House, Weston-super-Mare): It would be a good plan to have a space on the school entrance form for parents to fill in the particular foods which their children could not eat. It would then be possible beforehand to provide alternatives.

The CHAIRMAN: That was an interesting suggestion and one which tallied with another made at the Guildhall, viz., the need for greater co-operation between school and home. The Conference report contained the circulars sent out by the heads of the Manchester Grammar School and High School for Girls, urging such co-operation.

Miss W. H. TURPIN: It had been found quite easy to have an alternative dish at the midday meal for anyone who for dietetic reasons could not eat the main dish. The child's word was not, however, taken alone and a note from home was required.

Dr R. ACKERLEY: With regard to idiosyncrasy, there was undoubtedly a relatively fairly large percentage of people who could not take eggs in any form. Certain types of fish, *e.g.*, whiting, which was most digestible, caused urticaria in some cases. With others strawberries or a banana were followed by sickness. The dislike of some children for fat, so important for their health, had to be remembered. At his own table, he had invariably tasted the fat before passing it on to children, because in hot, damp weather fat changed rapidly and might be disagreeable.

The CHAIRMAN: The Society published a leaflet entitled "The Truth about Fat," which emphasised its importance and removed certain prevalent misconceptions.

3. COOKERY AND SERVICE OF VEGETABLES, INCLUDING POTATOES, WITH THE DISPOSAL OF THEIR LIQUID

The CHAIRMAN: Faulty preparation and cooking of vegetables were in part responsible for their unpopularity with many children. Another stumbling-block was the limited choice. "In this aquarium in which we live (it rains every day)" wrote Ambassador Walter Page, "they have only three vegetables and two of them are cabbage." If corroborative evidence were required, a Parents' and Old Boys' gathering in the latter part of June was recalled, at which cabbage figured at the three evening meals, while a university hostel served it for lunch on two consecutive days. The absence of "The Pudding Lady," who spoke upon that subject with unrivalled authority, was a matter for regret. She was chief of staff in the Society's war-time educational campaign, and is now doing a great work among the Women's Institutes.

Miss D. CHRISTIAN MOORE wrote: All potatoes were steamed or baked and served in their jackets. Root vegetables were scraped (not peeled) and steamed. Any resulting stock was preserved for sauces, soups, or "vegetable tea," which her students enjoyed.

Mr A. HOWARD EVANS wrote: All vegetables were cooked conservatively and potatoes, whether baked or boiled, were always served in their jackets. Such vegetable water as remained was saved for the stockpot and for soups.

Miss MARGARET ANDERSON, Superintendent, School Dining Centres, West Ham: In feeding thousands of children of the ages 4 to 14, she had found almost invariably that young children disliked vegetables. They began by giving them about half a spoonful. It was rare to find any child at 4 taking naturally to vegetables, although it afterwards became a matter of course.

Mr W. A. SIBLY: Many boys did not take naturally to eating vegetables. It might be that they had not been properly cooked in their own homes. He, however, insisted on every boy taking a small portion of vegetables. He was told that unless he took this, he would not receive his helping of the sweet or other item. It was difficult to get cooks who were keen on conservative cookery. Potatoes were always served in their jackets and he tried to induce the boys to eat the skins as well as the potatoes. He always ate them; they were the best part. The taste for vegetables, however, grew as the boys became older and those of 16 and upwards ate them quite freely.

Mrs GUTKELCH, Senior Warden, University Students' Hostel, Aberystwith, had the same difficulty with her students, who also

disliked vegetables. She had, however, adopted the plan of steaming green vegetables and found the students preferred them thus, because they were more tasty, though their appearance was less attractive, since soda was discarded, *e.g.*, the brown-pink look of brussels sprouts.

Mrs ROSINA THORNBURGH, a former favourite cookery demonstrator of the Society, likewise never used soda, which spoiled the vegetable. Steamed vegetables were much more delicious than boiled. A little butter greatly improved them. Young foreigners who had heard much of bad English cooking were agreeably surprised. Children enjoyed raw vegetables; they liked the sweetness of the raw carrot and the raw artichoke.

Mrs ALFRED LEWISOHN, speaking as a parent, concurred as to the unpopularity of cooked vegetables. Her children much preferred them raw.

Miss HYATT (King Alfred School) had experience of a day school where many children stayed to dinner. The problem of cooking the vegetables conservatively was difficult with their large numbers. When potatoes were cooked in their jackets, some of the skins were broken and looked unappetising. She agreed that children liked raw vegetables better than cooked.

4. PART PLAYED BY RAW FOOD THROUGHOUT THE YEAR AND HOW IT MIGHT BE EXTENDED

The CHAIRMAN: This was perhaps the most urgent problem, if only because there was more leeway to make up. Dr Bircher-Benner, whose address two years ago on "The Prevention of Disease by Correct Feeding" made so profound an impression, contended that the normal diet should consist as to one-half of uncooked food. It was doubtful if the conventional British diet included more than 10 per cent., while in schools and colleges 5 per cent. would be nearer the mark. For twenty years his Society had advocated the substitution of salad or raw fruit for the pudding course. This involved the total suppression of milk puddings, with the enthusiastic approval of most youngsters. Suet puddings, so popular with many children difficult regarding fat, were retained and served twice a week, except in warm weather. Stewed fruit was used in excess, the added sugar cancelling much of the merit of the fruit.

Dr G. E. FRIEND wrote: In hot weather less meat and fat were required, and a more frequent supply of fresh green food and fruit was called for. Fruit, salad and green vegetables should be much more frequent items in most institutional dietaries.

Raw salad could be made a most appetising dish and had the advantage of taking less time to prepare than cooked vegetables. It was also more economical, in that a smaller amount per individual was required.

Whenever obtainable, an apple or orange was supplied daily, either at breakfast or tea. Occasionally, but not often, bananas had to be substituted. In summer fresh soft fruit or cooked rhubarb was given instead.

When raw salad was used, it took the place of vegetable, not of fruit.

Miss D. CHRISTIAN MOORE wrote: Raw salad or fruit was served at least once a day.

Mr A. HOWARD EVANS wrote: His extensive garden allowed abundance of raw food throughout the year. Boys often had meals consisting entirely of raw food, carefully grated, assorted and dressed, and with the majority such dishes were exceedingly popular. The daily menus for the whole school included raw fruit, vegetables and salad. Breakfast started with raw fruit. (This accords with Dr Bircher-Benner's method.)

Boys were encouraged to visit the lavatories after each of their three meals and this became, in most cases, the normal procedure. The early morning lavatory alone was checked, a chart being carefully kept and filled in daily. This was continually inspected by the doctor and the matron, so that extended constipation was rendered impossible. All minor indispositions were treated primarily through modifications of diet.

Mrs MARGARET MCFIE wrote: She was mainly engaged for the moment in establishing the raw food service. It was accepted by the majority with much approval and found to be interesting and palatable. There was a good deal of scope for the development of a taste for sweet fruits with the meat dish and this helped to ensure the daily raw ration finding a place; orange salad, sliced banana with grated cheese, lemon juice were well liked and the pickled yellow fruits (peaches, apricots) had a value which could, she supposed, rank with the raw foods if used soaked and sliced. That taste seemed more general among women than among men, but it was a question of establishing the fashion. By using fruit adjuncts, even at that season, two raw rations per day could be guaranteed. In March that would probably be impossible and one raw ration would have to suffice until May. That misfortune could only be remedied by new methods in market gardening, *e.g.*, the production of winter salads, such as Batavia, or some of the Alpine sorts, which could be eaten in Italy in mid-winter.

The Chairman had asked Dr Friend how he introduced salads.

His answer was that they were started as a luxury for the masters and then the boys wanted them. The comment of a House Master's wife was that, with them, masters and boys had the same fare.

Mr W. A. SIBLY: On three or four days of each week throughout the year in his "food reform" House, they provided a dinner which, except for potatoes and wholemeal bread, consisted of raw foods. There was a mixed salad—lettuce, watercress, tomatoes, beetroot, shredded cabbage, grated carrot, taken with cheese, served in slab form or grated (passed through a nut mill)—and nuts, oranges, apples or bananas, also butter and olive oil. Personally he asked for nothing better, even in the coldest weather. Most of the boys liked salad. A few fought shy of grated vegetables, especially if turnips, etc., were introduced, but all boys liked nuts and almost all liked cheese. One result of that diet was that constipation—one of the greatest causes of ill-health—was almost entirely eliminated. In the case of many boys two or even three motions a day were normal.

5. BREAD AND FLOUR, WITH STEPS TO ENCOURAGE THE USE OF FINELY GROUND WHOLEMEAL AND OF MASTICATION, INCLUDING "SCRUNCH."

The CHAIRMAN: While for the adult, who enjoyed a liberal and varied diet, wholemeal was unessential, this could not be said of the growing child. University students should also at least have the chance of wholemeal. Yet a medical officer of health wrote: "Did I tell you that my daughter was responsible for the introduction of wholemeal into the refectory at — (a college of London University). Not a crumb in the place when she went there." Christ's Hospital had been a pioneer in that respect. He wished to put in a plea for the substance which had earned him the nickname of "Mr Scrunch." It promoted mastication, prevented and cured indigestion and made for all-round fitness. It had achieved popularity in numerous schools. A woman doctor in the Health Department of the New Zealand Government informed him of its use on a big scale. In its camp of 150 children a dozen loaves were cut up daily and sent to the baker, who returned them in the form of "scrunch." Bakers might be persuaded to convert their stale bread into this and to sell it like zwieback or the Paris biscotte. It was simply stale bread cut in thin slices and dried in a slow oven.

Mr GLASER (Prewett's Stone Flour Mills, Horsham), gave a brief description of the constitution of the wheaten berry and methods of milling. Children did not tire of the flour, as they did of a higher percentage of wholemeal and on leaving often asked that the bread and flour might be supplied to their homes.

Dr G. E. FRIEND wrote: The present strength was 75 per cent. of the whole berry. In summer all the bread was made from this flour, but in the seven winter months some of a wholemeal bread was used, made from a flour that contained from 90 to 92 per cent. of the berry. The boys would not tolerate a larger proportion than one-third of their bread in this form.

Mr A. HOWARD EVANS wrote: It was found that an entirely wholemeal bread was not altogether suitable for young children. The flour used and specially prepared for us was, approximately, 80 per cent. wholemeal. Boys were never given bread when potatoes formed part of the meal and at dinner "scrunch" was always provided to the exclusion of bread.

Miss D. CHRISTIAN MOORE wrote: Now that three new stoves were installed, visions arose of an endless stream of "scrunch" issuing from the four slow ovens.

Mrs MARGARET MCFIE wrote: "Scrunch" was very popular among students and from being provided as an occasional substitute for biscuit with cheese, was growing widely in use.

The CHAIRMAN: The late Sir Harry Baldwin, Vice-Chairman of the Society, insisted on the inadequacy of wholemeal appearing on the table, so long as a white flour was employed in the kitchen for puddings and cakes. At Christ's Hospital wholemeal was used throughout. His Society was opposed to the coarse wholemeal advocated in some quarters, arguing that constipation, for which it was usually favoured, might be avoided by much safer means, such as diet and correct feeding habits.

Mr GLASER: Bread at all dark in colour was thought by some to be dirty. The addition of the germ, which had this effect, did not make the flour impure; on the contrary enriching it.

Mr W. A. SIBLY: A friend found no wholemeal obtainable in one of the best known schools of domestic science and cookery. The speaker, having to enter a nursing home on account of a motoring accident, received nothing but white bread. Following on a talk with Dr Harry Campbell, he prevailed upon his baker to evolve a special roll with a maximum of crust. It was always given at breakfast and eaten with plenty of butter was extremely popular. A couple of beautifully browned samples were produced from his hat. Pounding the desk with one, he remarked that it afforded splendid exercise for the teeth.

Dr R. ACKERLEY: In his home he had a bread which afforded even more masticatory exercise. There was nothing in it whatever

except flour and water, no yeast, no baking powder and it was very palatable. The crust was not hard, unless too much water had been added. It had more flavour than ordinary bread, demanded mastication and was most nutritious. Years ago Metchnikoff pointed out how extraordinarily healthy the wild animal was, barring accident and infection. So far as nutrition was concerned, it was far better nourished than the domestic animal. No part of its food was thrown away by any animal. The horse ate the whole of its oats, the carnivorous animal the whole of its prey; but in cooking, parts of the natural food and a large quantity of salts were allowed to escape. Again, bread was emasculated, leaving out the salts and vitamins essential for complete nutrition.

6. SALT AND OTHER CONDIMENTS

7. WATER

Dr ACKERLEY was glad to hear from Mr Howard Evans that his boys had water at 12 o'clock. Among the things vital to life three stood out—air, water, food. The first could be dispensed with for a very short time indeed, water for a brief period only, but food could be withheld for much longer. A hundred years ago water was an exceedingly dangerous drink and largely polluted. Typhoid was common, as were other diseases. As a result our forefathers did not take much water. Yet water was an absolute necessity and in these days there were few places where the supply was not good and ample. Digestion depended upon the mixture with the food of certain digestive juices, beginning with the saliva. These could be diluted, but not made stronger. The habit of drinking at meals was bad as it entailed dilution of digestive juices. The large incidence of digestive troubles, which accounted for half or three-quarters of the sales of drugs at the chemist's, was due mainly to defective habits. No food that was softened could be properly masticated and insalivated. The body needed water to supply it with the necessary fluids and for the elimination of the waste products which got into the tissues. The only way in which water could act efficiently was for it to be taken on an empty stomach. He strongly advocated the habit of sipping water on rising and half an hour before each meal. At some schools it was said that their water was hard, but medical experience proved that hard water did no harm. A man living in a chalky district was told not to drink water which was hard, but was ordered to drink Contrexville or something similar, which was vastly harder.

As for salt, he could not imagine that anyone, during the first thirty years of his life, took more salt than he had done. Then one or two experiences led him to question whether it was wise for the human animal, whose body contained a large number of

salts, to take one salt only in so large a quantity. It had been calculated that 2 grams (30 grains) of common salt was all that the average human body required in a day. Yet in the ordinary diet, to which no salt had been added, there was a great deal more sodium chloride than that. Rice was almost the only food which did not contain sufficient salt, but enormous quantities were put into bread, butter, etc. What was the origin of this desire for adding a condiment? It was because in cooking the flavour had been taken away. Could there be a more tasteless thing than a vegetable marrow cooked in the usual way? It was cut in pieces, put into water and the greater part of the salts with the flavour went away with the water. If the marrow were steamed and then cut open, its flavour, unless one's palate had been destroyed, would be found most delicious. In Italy, France and Germany, he had never seen the cut runner bean; it was cooked whole and no addition was required to give it a flavour. It had taken him not more than three months to lose entirely his taste for salt, and he now lived in a saltless household. If an undue quantity of sodium chloride was taken, the body could not tolerate it and must get rid of it. In these days it was common to incite thirst. Salted almonds were eaten, anchovy paste, etc. Thirst was involuntary. The body said: "Here is something I want to get rid of; please give me something to wash it out." It was said that animals sought out salt-licks, but it was not for sodium chloride. Animals had no desire for salt. He challenged anyone to find a rabbit, fox or badger going to the salt rock and licking the salt or drinking the salt water. They got the whole of the salt in their natural foods. This desire for salt and other condiments should as far as possible be discouraged by the use of uncooked foods and foods naturally cooked. In Germany the number of sanatoria where a salt-free diet was given was extraordinary.

Mr W. A. SIBLY: For twenty years in his House he had allowed no pepper, vinegar, or mustard. He had not, however, quite cut off salt, because there was a point beyond which the British school boy could not be expected to offer himself upon the altar of experimental science.

Mrs GUTHKELCH had found a craving for vinegar among university women students. They asked for it with fried fish and loved it with beetroot and salad.

The CHAIRMAN, in response to an inquiry, stated that the Society recommended the substitution of lemon. He had encountered a young woman who drank vinegar out of "pure cussedness"—for pleasure, not for slimming. There were vinegars and vinegars. They were much indebted to Dr Ackerley who, prior to the war, read a paper on salt before the Royal

Society of Medicine and whose views and experience were entitled to exceptional weight.

8. TUCK BOX

9. TUCK SHOP

Dr G. E. FRIEND wrote: The provision of supplementary food and tuck by parents was quite unnecessary in any properly-fed school and was almost always productive of harm. At the same time, popular tradition and the so-called freedom of the individual deserved consideration. Tuck supply should be regulated. Boys might be allowed to bring back at the beginning of term small supplies of cake, jam and wholesome kinds of potted foods, which latter might be allowed to be used as an addition to tea. No parcels should, however, be permitted during term, with the possible exception of birthdays. If birthday hampers were allowed they should only be usable under supervision.

With regard to the tuck shop, he was entirely in favour of that established institution, provided, however, that it was run on proper lines. It must be under school control, the profits should be kept low and should be allotted to games, entertainments, or the school charity funds. It should be run by a committee, which ideally should consist of three masters, the school captain and the school doctor. If the latter was not a member of the committee, he must at least have power of inspection and veto upon undesirable merchandise. It should be an unbreakable rule that the tuck shop was inaccessible to boys until *after* the midday dinner.

Miss D. CHRISTIAN MOORE wrote: Tuck was permitted once a week—after dinner on Sundays.

Mr HOWARD EVANS wrote: No tuck boxes were allowed and only boiled sweets. These were bought by the school and distributed by the Matron at suitable intervals.

Mrs MARGARET MCFIE wrote: The tuck question had its university counterpart, in the convivial 11 o'clocks, tea parties, after-dinner parties, which were part of the rashness of youth. What was the cure? Did not the young always commit follies, whether in food, games, or politics?

The CHAIRMAN: Wycliffe College was a pioneer in this field, and its head would tell them how it was the boys themselves and not the school authorities who carried through the reforms.

Mr W. A. SIBLY would have liked to have crossed swords with Dr Friend on this question. In his school of 250 boys they

had abolished both the tuck box and shop and eating between meals was discouraged. They attempted to approach the subject, not by dictation but by consent. After talking with many of the older boys, twenty-six years ago, at a meeting attended by nearly 40 senior boys, the tuck box, up to that time an established institution, was abolished by a majority of 37 to 1. In recent years the first and second fifteens had taken "a self-denying ordinance" to abstain from tuck during the winter term. There was no tuck shop. Boys could, of course, go off the premises to the village and make purchases there, but for the most part they did not do so. In his House, half the boys took nothing between meals. Was it not the proper business of schools to feed the boys adequately, instead of leaving this to accident and their own devices? Could they trust the uncontrolled appetites of boys to feed themselves wisely? One boy might be better off or more greedy and so set an undesirable example to the rest. The pressure to continue the tuck shop came rather from the shop authorities than from the boys. There should be no need for any boy to bring jam or potted foods to tea or to any other meal.

The CHAIRMAN: Hearing of interesting developments at Malvern, he had applied to Mr Preston who wrote: He did not know that there was much he could tell that would be new in theory or particularly helpful. Undoubtedly, however, their tuck shop was the best arranged and most carefully administered shop of its kind. At the same time, being a shop, it had to be run on business lines, which meant that within reason, the customer (*i.e.*, the boy) had to have what he wanted and not what the shop wished to push on to him, a mistake in salesmanship to be found in so many London shops to-day. He would have a talk with those responsible and if there was any way in which they could help, he would let him know.

Mrs GUTKELCH: As the mother of a boy who had been to Christ's Hospital, she could say that tuck had become less and less popular, while tinned fish and meat were definitely ruled out.

Mr G. N. MANLEY, Governor, Blue Coat School, Oldham: At his school it was permissible to receive monthly parcels consisting of a quantity of tuck, sweets and chocolate. The food was handed, not to the boy, but to the matron and placed in each boy's compartment. Boys were thus given the opportunity of being educated to deal with the luxuries which they would encounter in later life and also to share with boys who had not got them.

Mr W. A. SIBLY: On a boy's birthday, cake or fruit were allowed to be sent from home. Boys had the chance of learning

how to use luxuries, or to abstain when they went among the shops outside the school.

Dr R. ACKERLEY: The question of different kinds of food had been discussed, but infinitely more important was how food was taken. Carnivorous animals bolted their food, only really masticating the bones. Herbivorous animals ground and ground and ground. It was precisely the foods that other animals spent time over that we bolted, because they were artificially softened, or lubricated with butter, jam, or marmalade. There was an English institution—the horrible milk pudding—which went down without any admixture of saliva. In any restaurant, while a certain amount of time was taken over the chop or steak, the pudding was bolted. The Headmaster of a preparatory school made a point of putting any new boy next to himself, or to the matron, and saw that he took time over his food and the result was a considerable diminution in slight illness.

Dr G. E. FRIEND wrote: Far too short a time was given for meals, especially dinner. Breakfast and tea should be allowed thirty minutes, while dinner should never be less than forty minutes. Incidentally, no strenuous or organised games or sports, such as running, should be begun for at least one hour after dinner. Reading at meals was bad for several reasons and should never be permitted.

The CHAIRMAN cited the testimony of the wife of a former House Master at Malvern that the winners in the House sports were the slowest eaters.

10. HOW THE FOOD EDUCATION SOCIETY MAY HELP

The CHAIRMAN, dealing with the last item on the programme, drew attention to publications found helpful by many schools and institutions. Besides "Our Children's Health," "Dietaries," "The Pudding Lady's Recipe Book," and Dr Bircher-Benner's "Fruit Dishes and Raw Vegetables" and "Health-giving Dishes," mention was made of "School and University Diet," "Aids to Fitness" posted on many school notice-boards, "Children's Diet," and Dr Ackerley's address, "Golden Rules of Food and Drink," "Vegetable and Salad Dishes," "Puddings and Porridge" and others dealing with milk, vegetables, salad, sugar, honey, tea, bread, salt, water.

The Society also undertook to criticise school and university dietaries. A well-known girls' school took advantage of this during the war.

Lastly, there was the system of Visiting Advisers. The head of a large boys' school wished to be able to state in his prospectus

that the feeding arrangements were under the advice and inspection of specialists and was referred by a popular newspaper to this Society. "The Pudding Lady" was sent down, meals were reduced to three and the dietary overhauled. Miss Petty, who was asked to pay a surprise visit each term, attributed the improved bill of health in no small measure to the restricted meals, as well as to the increased part played by conservatively cooked vegetables, salad and raw fruit. Another school sent its dietaries in advance, upon which "The Pudding Lady" commented at a meeting of heads, including the Headmaster and housekeepers. A public school belonging to the Headmasters' Conference used these words in its prospectus shortly after the Guildhall Conference: "Of this Society the Headmaster is himself a member and is deeply aware of the value of a proper diet as a primary basis of moral and intellectual education. In view of this, no effort will be spared to bring meals up to the highest state of efficiency."

Reform in school and university diet called for a supply, not merely of adequately trained cooks, as Mr Preston had pointed out, but of housekeepers, or "dieticians" such as for several decades had done fine work in American and Canadian institutions. (For details, consult "The Reform of Institutional House-keeping," "Diet for Nurses" and "Rearing an Imperial Race.")

It likewise involved the education of committees and governing bodies and the inclusion of a larger proportion of women. Schools and colleges further required to realise that there was such a thing as false economy in the matter of salaries and that a varied diet need not entail increased expenditure and might actually result in a saving through diminished waste. His final word of advice was to "make haste slowly" and to study each step carefully in advance.

APPENDIX

“PUNCH” (CHARIVARIA), 9th January 1935

Reprinted by permission of the Proprietors of “Punch”

“Schoolboys are said to have been induced to eat salad by the pretence that it was a luxury for the masters. We are not told whether this was how the masters were induced to eat it.”

“Punch,” 16th January 1935

“Headmasters Attack the Tuck Shop.”

—*Daily Paper Headline.*

“So that’s why Smith minor found the doughnuts were sold out.”

SALAD DAYS

*Reprinted by permission from the “Manchester Guardian,”
5th January 1935*

[This is far from being the first occasion on which “Lucio” has contributed the jam to the society’s pill. In “Salad Days” the gifted poet of the *Manchester Guardian* is seen at the top of his form. We are correspondingly grateful to that journal for authorising its reproduction.—ED.]

“‘More and more boys are ready to enjoy salads, and tuck boxes are disappearing.’—Pleasing assurance of the spread of plain living and high thinking, from the Conference of Educational Associations.

“The Eccles cake and sugar-bun,
Their day, it seems, is almost done,
And you should see how boys now shun
All almond paste and icing;
With truly splendid self-control
They spurn the too rotund Swiss roll,
And maids-of-honour as a goal
Are not at all enticing.

“I need not say that none would lick
The spiral barley-sugar stick,
For that (like bull’s eyes) is a trick
Most hopelessly out-moded;
A stick of celery might do,
Perchance a lettuce leaf or two,
But toffee one should never chew—
That cult is quite exploded.

“ Thus, cleaned from dietetic sin,
 The boy eschews the toffee tin,
 And on the virtuous vitamin
 His new ambitions narrow ;
 For youth has learnt to mend its ways,
 And in these latest salad days
 The backbone of our land displays
 A vegetable marrow.”

“ LUCIO.”

SALADS

*Reprinted by permission from “ The New Statesman
 and Nation,” 5th January 1935*

[The inclusion of “ Y.Y.’s ” (Robert Lynd) delightful article adds to the educational and psychological value of the report. Cordial thanks are accordingly due to its distinguished author and to *The New Statesman and Nation* for their kindness in according permission to reproduce it here.—ED.]

“ Some interesting light was thrown on modern methods of overcoming the schoolboy’s hatred of green vegetables when the Food Education Section of the Conference of Educational Associations met at University College. At one school threats are still found to be effective. The headmaster explained that the way in which he persuaded the boys to take their portion of vegetables ‘ was to threaten to deprive them of their sweets. That,’ he added grimly, ‘ was usually enough.’ At Christ’s Hospital, on the other hand, they adopt a more subtle and distinctively modern policy. Here, it was reported, ‘ the boys were persuaded to eat salads by first introducing them as luxuries for the masters. The boys immediately wanted salads.’ This, it may be thought by some, involves a certain amount of cruelty to masters, since it is not every schoolmaster who loves a lettuce. Apart from the cruelty, however, the authorities at the school are to be congratulated on having devised a very cunning experiment on juvenile human nature.

“ I should not myself have thought that, if a small boy saw a schoolmaster eating something, he would immediately be seized with a craving to eat some of it too. I had a profound regard for many of my schoolmasters, but I never looked on them as expert guides to the pleasures of life. I suspected them—wrongly, I am sure—of not knowing how to enjoy themselves. I thought of them rather as ascetics who scarcely cared what they ate and who could be as happy over a plateful of boiled cod as over the first salmon of summer. I trusted their opinions on the meaning of French and Latin sentences, but not on things edible and potable. I am sure I could have watched even the headmaster eating boiled cabbage without any desire to emulate him.

“And yet, it must be admitted, childhood is desperately imitative. We owe at least half our most reprehensible habits to the example of our elders. I doubt, for example, whether anyone ever began to smoke except through the desire to imitate older people. I loved the smell of tobacco almost from the cradle—still more, I loved the sight of clouds of pipe-smoke issuing from philosophic lips and filling the air with changing shapes—but I did not love my first smoke. Nothing but the prestige that tobacco had acquired as the concomitant and symbol of manhood could have induced me to persist with it after my initial collapse. To learn to smoke was not a pleasure of the senses, but a sacrifice made out of admiration of my elders. Relations of the female sex, observing my schoolboy endeavours, would taunt me: ‘You know you don’t enjoy it. You only do it because you think it looks manly.’ I swore that I loved it, and was utterly indifferent to appearances, but those who taunted me were more truthful. If I am an enslaved smoker to-day, this is entirely due to the example set me by a number of men who ought to have known better.

“Many people say that the taste for beer, wine, and whisky is generally attributable, not to the innate viciousness of the young but to the bad example of the old. Few people will admit that they enjoyed their first glass of whisky. Here I differ from the majority. I cannot remember a time when I did not enjoy the taste of what is called strong drink. I drank my first whisky as a child in the nursery when my nurse brewed me a very pretty punch as a cure for toothache. It almost reconciled me to my sufferings. Later, when I stayed with an uncle who had a praiseworthy faith in the virtues of claret, I used to be given tall tumblers of claret and lemonade, and that seemed to intensify the sunshine of a summer afternoon in a country garden. I am not sure whether I should have enjoyed my first bottle of stout so much if it had not been for the fact that a bottle of Guinness looks such an extraordinarily virile drink to a beginner. It may have been my imagination rather than my palate that loved it; but, at least, as I drank it, I told myself that it was good. And so through all the range of liquids. It cost me no struggle to get to like them. It needed the example of no schoolmaster to persuade me that they were good.

“The example of our elders, however, has undoubtedly a great effect on our tastes at the table. I grew up in a world in which pepper and mustard were supposed to be the prerogative of adults, and in which pepper especially was supposed to be detrimental to the growth of the young. How often has my nurse warned me, as I reached for the pepper-pot: ‘It’ll stunt your growth.’ To scatter pepper lavishly on one’s breakfast-egg thus acquired an element of daring. One had a pleasant feeling that one was not only leading a grown-up life but risking one’s future. At the same time I soon came to disbelieve the current theory

about the effects of pepper. The more of it I consumed the taller I grew, and in the end its flavour did not even give me a happy sense of recklessness.

“The example of the old, however, is not invariably followed by the young. As a child I saw many of the old eating porridge, but nothing could induce me to imitate them. I often saw the old conscientiously eating fat, but I hated it with what was to prove a lifelong hatred. I had an uncle who had read in a paper that the skin was the best part of a fish, and who used to poison himself heroically with all that was inedible in filleted plaice, but I left him uncopied in his dietetic heroism. It may be that we resolutely follow the example of our elders only when we are supposed not to follow it. If fat had been a forbidden thing, who knows but that I might have evolved into a determined fat-eater? If I had been warned against porridge as a thing that stunted the growth I might by now have been a devotee of the Scotsman’s breakfast.

“The authorities at Christ’s Hospital did not exactly warn the young against indulgence in salad-eating; but they did the next best thing: they made salads seem something out of a boy’s reach, something for men only. Salad-eating thus ceased to present itself to the mind as a duty and became pleasantly associated with the sin of envy—something as lovely and as unattainable as the cakes on the other tables in a tea-shop. Distance, it seems, lends enchantment even to a cabbage lettuce. Put a tomato on a schoolboy’s plate, and he will despise it: starve him of tomatoes, however, and let him watch a schoolmaster making his way through one with an affectation of ecstasy, and the boy’s imagination will become inflamed with a passion for tomatoes that will be proof against disappointment when he comes to eat them.

“In order to persuade the young to adopt a healthy diet we must begin by cultivating a number of repressions in them. Tell them that a glass of water drunk a quarter of an hour before meals is pure poison, and you will find them irrigating their digestive systems in a way that would rejoice the heart of an apostle of nature cure. Order them to bolt their food, and warn them that the practice of chewing is dangerous for anybody under the age of twenty-one, and immediately a race of young chewers will be on the way to eclipse the record of Mr Gladstone. Refuse to give them boiled cabbage except on their birthdays, and they will clamour for it and love it every time it is given to them as a concession. It is my opinion that you could make children fond even of parsnips by giving the parsnip a scarcity value. The great mistake the Victorians made in bringing up their children was to order the children to eat things believed to be good for them and to forbid them to eat things believed to be bad for them. If they had done precisely the opposite, the Victorian child would

have grown up much more like the little man his parents wanted him to be.

“Men and women, indeed, as well as children, are strongly tempted by what is forbidden or unattainable or has at least some kind of scarcity value. Consider, for example, the present unpopularity of the herring. The gourmet will tell you that there is no better fish than a grilled herring, and the dietician will tell you that there is no fish more nutritious. Herrings, however, labour under the disadvantage that, as the æsthete said of the stars in the Milky Way, there are too many of them. Contempt of herrings is as common among the poor as among the rich. I have heard of a housemaid who, even during the food shortage of war-time, protested that she would rather fast than eat a herring. The very name of the fish connoted cheapness and therefore worthlessness. Yet, if herrings were as dear as Dover soles, who can doubt that all the world would praise them? Despite its bones, if the herring were only sufficiently rare it would become the rival of trout as a delicacy on the food-lover's table. It seems to me that during this period of depression in the industry, boarding schools might do something towards educating the younger generation in wise fish-eating by serving herrings to the masters as luxuries and preparing for the day when an envious horde of greedy-eyed boys will rise from their seats and demand to be allowed to share the feast with their elders. Hunger is a good sauce, but envy is a better. It is evidently the ideal salad-dressing.”

DO CHILDREN LIKE SALADS ?

[These extracts from a letter from Mrs Margaret McFie are included as shedding valuable light upon more than one of the problems discussed at the conference.—ED.]

“HIGH SCHOOL FOR GIRLS,
BRIDLINGTON, *2nd November 1933.*

“Being greatly impressed with the improper feeding of school children, I am anxious to give you my personal experiences. I am a university woman (First Class, Oxon, 1910). In 1931 I took a course in Institutional Administration at ——. I have lived and kept house in many countries. I think that the bad cooking and bad feeding in our schools is astonishing. Worse still, few of my fellow-students practised rational feeding. Thus, to my astonishment, nearly all would take the minced-up dish in preference to any other.

“It is quite true that most children have never seen a salad. I have, however, found it easy to introduce the taste for a cold salad eaten with hot meat, cheese dishes, and fish. There is far greater willingness to take raw salads than boiled greens, which most children hate, and, as a rule, rightly.

" I have never found young children anything but delighted with shredded cabbage, while the boiled turnip tops disgust them. Similarly grated carrot is always popular. The English, however, do not know how to dress a salad, and therein lies the whole difficulty. It is no good to try and make children eat what rabbits like. A simple Continental dressing is cheapest and most popular. The salad must be put in a roomy vessel and repeatedly tossed in the mixed dressing, so that all the sides are flavoured. I always mix the salad with my own hands. In this country kitchen maids can rarely be got to accept the importance of the process.

" The only objectors in this school, where we have 250 to dinner daily, are ages 13 and 14 from poorer homes, and this will remedy itself with time.

" You may like to know my salad adjuncts for last week, viz. :

" *Monday*.—No salad, but a raw apple was served after rice pudding.

" *Tuesday*.—Tomato and raw onion salad.

" *Wednesday*.—Endive grown in our own garden.

" *Thursday*.—Beetroot and shredded cabbage.

" *Friday*.—Shredded cabbage.

" *Saturday*.—Watercress with grated carrot.

" *N.B.*—All cabbage is not equally good for shredding. If a garden is available, Sutton's Pride should be grown for summer use and Improved Winningstadt from now until Easter. Britishers do not believe that the large cabbage of the latter type cut in December will keep in sand right into the spring, just as we keep carrots. This variety can be obtained through wholesalers from Holland, but as no one will experiment on the large quantity, it is best to grow a patch and become convinced one year and ready to lay in stores on Continental lines for the next year.

" I should like to say how invaluable I find the Bircher-Benner 'Health-giving Dishes.' "

LOOK ON THIS PICTURE AND ON THAT

A recent visitor to the United States confirmed the writer's impression that, in the matter of institutional catering and feeding, America and Canada are a quarter of a century ahead of us. As a member of the teaching staff of one of our leading Colleges of Domestic Science, who had taken a dietician's course in the States, his informant's testimony carries special weight. Another educationist observed that the diet in American private schools was superior to that in English schools and was fully equal to the home diet in the United States. This, he added, excelled the British, notably in the matter of variety.

If further corroboration be desired it is forthcoming in the shape of the following extracts from the letters of a university

woman who, after four years at Oxford, is taking a post-graduate course at the University of Chicago. She is in residence at International House, where 500 students belonging to many nations have their quarters. The appended letters were written within a week or two of her arrival and within less than a year after leaving Oxford.

“ DINING-ROOM, 9th January 1935.

“ This place just takes my breath away. I wish Oxford would take a lesson from its efficiency. There is a choice of about ten dishes—salads, fruit, sweets, and coffee, hot rolls and butter, soup or salad, all for 1s. 9d. The helpings are enormous—I can barely struggle through them.”

“ 16th January 1935.

“ I wish you could see the food in the cafetaria. I’ll try and secure a menu (see pp. 27–9). I have never tasted anything so good, and yet people were grumbling about it at dinner, so I gave them a brief sketch of the fare at Oxford. They simply would not believe me and thought I was fooling them.”

For full particulars of the transatlantic system of dieticians and of the wide field covered by their activities, with the opinion of Miss S. Burstall, late Head Mistress, Manchester High School for Girls, see “ The Reform of Institutional Housekeeping,” 6d., and “ Diet for Nurses,” 1d.

The following details of school and university diet are culled from the record, in a Swiss medical journal of last year, of the case of a British student of 20, who in 1931 entered a famous sanatorium for treatment :—

“ From 13 to 16 he was in an English boarding school. The diet consisted principally of white bread, butter, and jam. Apart from potatoes a vegetable was seldom served, and there was practically no raw fruit. The evening meal was very small.

“ At 18 the youth went to Cambridge, where he had :

“ *Breakfast*.—Porridge, bacon and eggs, toast.

“ *Midday*.—Cold meat, bread, cheese, or jam.

“ *Evening*.—Soup, fish, meat, vegetables, pudding, cheese and biscuit.”

There follows the diet ordered by a digestive specialist, coupled with uncomplimentary but well-merited remarks upon the failings of British diet and its refusal to profit by the new learning.

While it is always dangerous to argue from a single instance, the food will be recognised by many as in the main typical. The young fellow’s health was in a deplorable state as the outcome of his experiences. Two years later, however, he presented himself to the doctor after having walked 80 kilometres (50 miles) in three days.

INTERNATIONAL HOUSE, CHICAGO—MENUS

SPECIAL LUNCHEONS

40 Cents

Choice

Tomato Juice Cocktail

Boston Cream Clam Chowder Beef Bouillon Clear

Choice

Fresh Shrimp Sub Gum Chop Suey *

Fresh Seafood Egg Foo Young *

Roast Stuffed Prager Ham with Glazed Sweets in Syrup

Sweetbread Cutlet Mushroom Sauce

Stuffed Green Pepper a la Duxelle, Boiled Rice *

Scrambled Eggs on Toast with Fillet of Anchovy

Fried Eastern Oysters on Toast Tartar

Vegetable Potato

Steamed Brown or White Rice

SALADS AND COLD CUTS *

Fresh Jumbo Shrimp Meat a la Louis

Salmagundi Salad

Sliced Breast of Turkey and Ham on Rye, Potato Salad

Buffet Philadelphi I.H. Special

Fresh Vegetable Plate Salad, Choicy Dressing

Tropical Fruit and Nut Salad

Choice

Gingerbread Clift Hotel Rice Pudding

Fresh or Canned Fruit Baked Apple

Vanilla or Grapenut Ice-cream

Fresh Strawberry Sherbet

Coffee Tea Milk I.H. Special Buttermilk

50 Cents

Choice

Cole Slaw

Boston Cream Clam Chowder Beef Bouillon Clear

* *Items starred are served without additional vegetables*

Choice

Broiled Loin Lamb Chop
 Broiled Veal Chop on Toast Maitre D'Hotel
 Smothered Fresh Mushrooms in Casserole Bordelaise
 One-half Squab Chicken Sauté a Sec
 Broiled Spring Lamb Kidney on Toast with Bacon
 Vegetable Potato
 Steamed Brown or White Rice
 Above Desserts Apple Pie
 Pumpkin Pie with Whipped Cream
 Coffee Tea Milk I.H. Special Buttermilk

Friday, 5th April 1935

SPECIAL DINNERS

55 Cents

Choice

 Tomato Juice Relish Platter
 Boston Cream Clam Chowder Beef Bouillon Clear
 Korean Salad Hawaiian Salad

Choice

Chicken Chow Mein in Casserole with Fine Crisp Noodles
 Veal Scalopini Italian Rissoto Safrone
 Roast Beef Yearling Round au Jus
 Grilled Trout Steak Sauté in Almond Butter
 Omelet Scalloped Fresh Seafood
 Broiled Veal Porterhouse Hoteliere (10 Minutes)
 Broiled Calves' Liver Steak with Bacon (10 Minutes)
 Buffet Norwegian I.H. Special *

Choice

Buttered New Carrots and Peas Special Baked Potato
 New String Beans Mashed Potato
 Steamed Brown or White Rice Yams in Syrup

Choice

Banana Gingerbread Shortcake Lemon Meringue Pie
 Clift Hotel Rice Pudding Apple Pie
 Fresh or Canned Fruit Baked Apple
 Vanilla or Grapenut Ice-cream
 Fresh Strawberry Sherbet
 Cream Cheese Jam Toasted Crackers
 Coffee Tea Milk I.H. Special Buttermilk

* *Items starred are served without additional vegetables*

70 Cents

Choice

Fried Shrimp Canapé	Chilled Tomato Juice
Boston Cream Clam Chowder	Beef Bouillon Clear
Relish Platter	

Choice

Broiled One-half Squab Chicken	
Broiled Club Steak, Parsley Butter	
Broiled Tenderloin Steak (10 Cents extra)	
Broiled Lamb Chops	
New York Count Oysters in Cream Stew	
Broiled Giant Mushrooms on Toast with Bacon	
Roast Beef Yearling Round au Jus	
Grilled Trout Steak Sauté in Almond Butter	
Above Vegetables	
Korean Salad or Hawaiian Salad	
Above Desserts	From the Fountain: Pineapple Sundae
Coffee	Tea Milk I.H. Special Buttermilk

SPECIAL CLUB STEAK DINNER

55 Cents

Vegetable	Roll	Beverage
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Friday, 5th April 1935

SHOULD THE TUCK BOX BE REFORMED?

[It is clear from the discussion at the Conference, and human nature being what it is, that there is no likelihood of an early and general disappearance of the tuck box and tuck shop. It may be therefore useful and suggestive to reprint two letters which, on their appearance in 1925, secured wide publicity.—ED.]

“The schools are reassembling for a new term and that notoriously the most perilous to the children’s health. Perhaps, therefore, you will allow me to draw the attention of your readers to the not unimportant question of the tuck box, and to add a postscript to the controversy raised by Dr Harry Campbell’s denunciation of the tuck shop?

“The abolition of the tuck shop is not within the range of practical school politics, and Dr Campbell was, of course, enunciating the ideal system. Much good might, however, be accomplished through the agency of a reformed tuck box. Thus the short ration of fruit at the majority of schools was lamented at the First Guildhall School Conference in 1912, long before the discovery of vitamins had given an added importance to both fruit and salad. Moreover, the meagre allowance of fruit is largely served cooked with far too much sugar. No one, I am sure, would support with more enthusiasm than Dr Campbell himself the ‘reformation’ of the tuck box so as to contain apples and other juicy fruit so indispensable to the welfare of the teeth and health generally. A few schools already restrict it in this way. Similarly, these and kindred articles should figure prominently at all tuck shops until such time as children receive in their school rations the amount of raw fruit, salad, and properly cooked vegetables that alike their health demands and the fees entitle them to.

“Few responsible school caterers, unfortunately, as yet adopt the attitude that the sending of hampers of any kind is a reflection upon their housekeeping. In any case, so long as children are afforded facilities for eating extras as sweets, cakes, and pastry at all hours of the day and night, the school housekeeper, no matter how careful and scientific her methods, has not a fair chance of securing the best results. It is good to learn that children at some schools are already going in freely for fruit at the tuck shop, but this should, as Dr Campbell maintained, be provided by the school and not as an extra by the parent. We can all, however, take a hand in reforming the tuck box and thus incidentally encourage heads of schools to do their part.

“CHAS. E. HECHT,

*Hon. Secretary,
Schools Committee, Food Education Society,
21st January 1925.”*

THE REFORMED TUCK BOX

“ As my letter to you on the reform of the tuck box has attracted so much attention, it has been suggested that a list of suitable articles would be acceptable. These might include apples, oranges, dates, figs, raisins, grapes, tangerines, pine-apples, melons, grape fruit, cucumbers, and honey. Other appropriate items would be torpedo-shaped well-baked raisin loaves made of whole wheat meal, or combined with oatmeal, or barley scones, the recipe for which may be had on application. There seems no reason why some of the above should not be on sale at a reformed tuck shop. Our ideal remains the abolition of both institutions and that in the interests alike of parents, school authorities, and last, but not least, of the children. Was it not Dr Clement Dukes, of Rugby, the modern father of school hygiene, who at the Guildhall in 1912 characterised the tuck box as ‘ a mediæval and barbarous arrangement which permits supplementary food and hampers to be furnished in repair of the recognised inadequacy of the school supply ’ ”

“ On this head, ‘ Aids to Fitness,’ which was issued soon after the Conference, and which has been freely posted on notice-boards and in dormitories, says :—

“ ‘ Abstain from eating when not hungry and from “ stodging ” between meals.’ ”

“ ‘ The grub shop and the “ tuck box ” are two of the greatest enemies to all-round fitness.’ ”

“ ‘ Several schools represented at the Conference allow neither, while the forty senior boys of a public school themselves almost unanimously voted the abolition of the tuck box.’ ”

“ As things stand, however, abolition in most schools is not feasible to-day, and hence this proposed compromise. For obvious reasons, materials for salads, which in cold or damp weather are more essential than fruit, are omitted. I shall be happy to be of service to parents and schools in this far from unimportant matter.

“ CHAS. E. HECHT,
*Hon. Secretary,
 Schools Committee, Food Education Society,
 9th February 1925.*”

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